
**Report: Training Workshop on Mindfulness-Based Cognitive Therapy (MBCT)
organized by the Department of Humanities and Social Sciences**

1 message

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Mon, Jan 5, 2026 at 10:45 AM

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The **Department of Humanities and Social Sciences, Integral University, Lucknow**, organized a **Training Workshop on “Mindfulness-Based Cognitive Therapy (MBCT)”** on **27 September 2025** in **offline mode** at **Hall 2, Central Auditorium, Integral University, Lucknow**, from **10:00 AM to 12:00 PM**. The workshop was conducted as an integral part of the **International Workshop on Psychotherapeutic Modalities** with the objective of enhancing awareness and practical understanding of evidence-based therapeutic approaches in mental health care.

The programme was conducted under the leadership of **Prof. Zeba Aqil**, Head, Department of Humanities and Social Sciences. The workshop aimed to familiarize participants with the principles and applications of Mindfulness-Based Cognitive Therapy, a scientifically validated intervention designed to manage stress, prevent relapse of depression and anxiety, and promote emotional regulation and psychological resilience.

The training session was conducted by Dr. Mustafa Nadeem Kirmani, a NIMHANS-trained professional (RCI Registration No. A31744), currently serving as Associate Professor at the Amity Institute of Clinical Psychology, Amity University, Haryana. During the workshop, Dr. Kirmani introduced the theoretical foundations of MBCT and explained its core principles, including mindfulness, present-moment awareness, and cognitive decentering. He demonstrated how maladaptive thought patterns contribute to emotional distress and guided participants on methods to observe thoughts non-judgmentally rather than reacting to them automatically.

In addition to conceptual discussions, the resource person familiarized participants with basic MBCT practices such as mindful breathing, body awareness, and attention regulation exercises. He also discussed the structure of MBCT sessions, clinical applications, and ethical considerations while working with individuals experiencing stress, anxiety, and depressive symptoms. The session emphasized the relevance of MBCT in both clinical and academic settings and encouraged participants to integrate mindfulness-based strategies into their personal and professional lives.

The workshop witnessed active participation from students and faculty members who benefited from the practical orientation and experiential learning approach adopted during the training. The programme enhanced participants' understanding of mindfulness-based interventions and strengthened their capacity to apply MBCT principles for promoting psychological well-being.

Overall, the training workshop was informative and impactful, reaffirming the Department of Humanities and Social Sciences' commitment to mental health education, skill development, and the promotion of evidence-based psychotherapeutic practices.

Glimpses of Event



Regards
Prof. Zeba Aqil,
Head,
Humanities and Social Sciences,
Integral University, Lucknow